

Randolph County Public Health
ASHEBORO, NORTH CAROLINA 27205-7368

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IMMEDIATE RELEASE

As of 8:00am, March 24, 2020, Randolph County Public Health was notified of the third positive case of novel coronavirus (COVID-19). The individual who tested positive had a recent history of travel outside of North Carolina.

Most people who get COVID-19 experience mild symptoms and will recover without medical intervention. There is no need to get tested if you have mild symptoms. Leaving your home for testing when you have mild symptoms puts yourself and others at greater risk of illness. If you have severe symptoms, such as trouble breathing, or if you have a high risk of health complications, call your health care provider. If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible. You may return to normal activities after seven days have passed since you first had symptoms, **and** have been fever free without medication for three days, and other symptoms have improved.

Some people are at higher risk of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 year and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
 - Chronic lung disease or moderate to severe asthma
 - Heart disease with complications
 - Compromised immune system
 - Severe obesity – body mass index (BMI) of 40 or higher
 - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness.

As a reminder, it is up to every member of the community to practice all guidelines set by the CDC, North Carolina Department of Health and Human Services, and Randolph County Public Health. Everyone should practice social distancing by staying at least six feet away from others to reduce the risk of being exposed to COVID-19. If you have symptoms that match COVID-19, you are responsible to self-quarantine and self-monitor. Having a formal diagnosis of COVID-19 is not necessary and does not change your need to stay home unless you have severe respiratory complications or other health complications. If you have been tested for COVID-19 and are waiting results, you should self-isolate until you receive your results and instructions from a health professional. It is up to all of us to protect the public's health.

For more information, call the Randolph County Coronavirus Hotline at **336-318-6227**

Visit RCPH's website at <http://www.randolphcountync.gov/Departments/Public-Health/COVID-19>

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